

Pilgrim Post

Holton Lee, Poole

Churches Together in Dorset Newsletter

May 2020

Coronavirus

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England

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A special Easter message
came from Her Majesty The
Queen.

“The discovery of the risen
Christ on the first Easter Day
gave his followers new hope
and fresh purpose and we
can all take heart from this.
We know that coronavirus
will not overcome us.

“As dark as death can be,
particularly for those
suffering with grief, light
and life are greater.”

Churches Together in England's General Secretary, Revd Dr Paul Goodliff, has written how, during the Coronavirus crisis that we are now living through, churches have been swift to respond, both in following government guidance and regulations and in seeking to be part of the wider community in caring for the most vulnerable. Even before the Prime Minister's statement on Monday, 23rd March that closed church buildings, many churches had already switched to online services. Certainly now, church buildings are closed for gatherings for worship and prayer although there is still at present the possibility of holding small funerals according to government information. Many of us are getting used to conducting our interactions in front of a smart phone or laptop, sharing in prayer, worship and fellowship...and looking forward to the easing of restrictions when we can once again meet in person.

At the heart of the churches' response has been a determination to continue to care for one another, and for our wider communities. In [CTe-News](#), you can read about some of these stories. Churches have been regularly in touch with one another at national level, church leaders have 'met' and prayed online, and in localities the response to need has been ecumenical. The crisis this Spring has put some 'spring' into ecumenism also.

Read the full editorial [here](#)

Presidents of CTE initiated a [call to prayer](#) for Sunday, 23rd March, when thousands lit candles and prayed. This practice has continued, with prayer at 7.00 every Sunday evening, with some member churches streaming live prayer services. At the start of Holy Week, Church leaders throughout Britain and Ireland issued a [letter](#).

How is the Church in Dorset responding to Covid-19?



Here are just some of the ways in which the churches have been responding...

In the **Hamworthy** parish, the food bank has kept going during lockdown, with a non-contact service and doorstep deliveries, to keep everyone who needs it safe, fed and at home. At the **Good Shepherd in Poole**, they have supported people by going shopping for them, going to the pharmacy, and they go live everyday on their Facebook page with prayers and devotions. The outreach pastor at **St Mary's, Longfleet**, has been organising volunteers to make phone calls to people and collect provisions. **Poole Methodists** have been sewing mask

extenders for NHS staff and members of **Churches Together in Poole** have been collecting food from Poole residents and taking it to Poole Food Bank where it can be redistributed. You can watch a YouTube video clip of what Christians are doing around Poole [here](#)

In **Winton**, a number of churches are providing packed lunches for rough sleepers who are being accommodated by the council. **Bournemouth Community Church** are streaming services live every Sunday on YouTube and Facebook Live. They also have a children's talk on Facebook on Thursday evenings and a midweek worship service on Wednesday evenings. They are meeting every day Monday - Friday on Zoom to pray and have thrown a new pastoral care net over the church so that everyone receives calls more regularly. Their small groups (Life Groups) are meeting via Zoom and they have increased the amount of food parcels that they are giving out from their food bank hub and helping families who would struggle to feed their children, and are helping rough sleepers with food too. Whilst most of the bookings at the Life Centre have been temporarily suspended, they are still hosting the local NHS blood bank.

The **C of E parish of Winton, Moordown and Charminster** has live services from the homes of the Ministry team on Sunday followed by coffee together via Zoom. Daily during the week, there is 'A Slice of Heaven at Eleven' which have been helpful in keeping people in touch with the opportunity to make 'live comments'. The Children and families minister has been hosting live craft and fun sessions for the children and there have been baking demonstrations from him with his family and also from the vicar's son in the Vicarage kitchen, which has been great fun. The Parish also has an online Film Club, where people are given a film to watch on BBC iPlayer and they then discuss it. This week the parish are starting their involvement in preparing packed lunches for the rough sleepers now accommodated in local hotels. One lady from this parish said that they did miss coming together as church to worship God, but that they were also finding that they were reaching more people online than they did previously : it seems that in this current crisis, many more people are seeking to deepen their relationship with God or are searching after him for the first time. The different churches in the area are collaborating more than ever before and the local **Churches Together** group is meeting on Zoom every two weeks, and **church leaders** in the wider BCP conurbation weekly.

At **Canford Heath Baptist Church**, the clergy are phoning round parishioners and shopping is being done for those who are self isolating. They are live-streaming services on a Sunday morning, and a Thought for the Day every morning at 8am. They have also set up Zoom coffee mornings and are liaising with the Food Bank. The pastor at **Broadstone Methodists** has reported a huge change in the nature of their ministry during the last four weeks. Their time, which is normally taken up with planning services, visiting, preaching, presiding at Holy Communion and attending meetings, is now taken up with coordinating the collecting of prescriptions and shopping for those referred to as 'super vulnerable' after they were approached by the local GP Surgery. **Ecumenical colleagues in Broadstone** have gathered together a band of helpers who are providing much needed help to this 'shielded' group in their community, and have led a joint Good Friday meditation and reflection broadcast on You Tube which was very well received. Ministry is being conducted via the telephone, email and old-fashioned letter writing.

The **Catholic Parish of Bridport, Beaminster and Chideock** have set up a parish Facebook page and Masses have been streamed each day during Holy Week and every Sunday since the lockdown. Devotional talks were streamed during Holy Week and a weekly newsletter is emailed to parishioners and delivered to others without the internet. After the streaming of the Sunday Masses each week, there is a Zoom coffee half hour for parishioners to keep in contact with each other.

Verwood Churches Together has held virtual services online reflection and worship sessions ; **Refresh, the Churches of Weymouth and Portland in Action**, have also held online services, including Youth Church and Kids on the Wey, prom praise, Breakfast at 9 with songs and crafts, and **St Edmund's Wyke Regis Parish** set up a food bank in less than 3 weeks to cope with the rising need for help during lockdown.

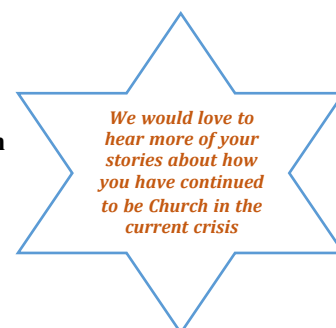
Gillingham Community Church reported churches having had to close down all meetings and face to face operations. Instead, they have been pre-recording our Sunday meetings and running them at the usual time with a live blog for the congregation to comment in and for prayer requests, which are picked up and carried on in a private blog by various hosts. A virtual communion service took place on Easter Sunday. Small groups are running live online with various levels of technology, mostly Zoom. The drop-in centre providing debt support, food bank distribution, benefits advice and other community support has had to close temporarily but they are continuing to provide telephone assistance and have been delivering food boxes without coming into direct contact with clients. They have been working flat out to provide food, including to nearby towns such as Shaftesbury and Mere and Wincanton Town Council requested 100 food boxes as they were in need. Gillingham

Community Church has been supporting Gillingham Town Council with administration, running a local scheme to look out for vulnerable people or those confined to their homes to arrange pickup of prescriptions and shopping. They have a rota to ensure that all of the active clients from the drop-in and members of the congregation who are vulnerable are contacted weekly.

Dorset and South Wiltshire Area Quaker Meeting has held Meetings for Worship via Zoom on Sunday mornings, with numbers between 40 – 50. They report feeling very gathered and that they have enjoyed meeting up with old friends and new ‘in a way that they had not thought possible four weeks ago.’ This is an established event while these uncertain times continue. Other meetings - committee meetings, looplet groups and discussion groups - have also taken place via Zoom. They have used traditional methods of communication to keep in touch with those who are not able to take part using the online technology.

Bridport URC, via the **Dorset South and West Methodist Circuit**, has offered three options to those with internet access : a printed (printable) service, a video service and a live server on Zoom. The latter has grown from a handful of participants to 67 logged on last Sunday (and with couples there, it probably meant a congregation of 80). Additionally, they have offered the audio service give by the United Reformed Church Daily Devotions team to people. For those without internet access, they print out the service and hand-deliver or post them to those people, some of whom they hadn’t realised hadn’t been to church for some time even before lockdown. They have therefore resolved that they will have to keep this up for those stuck at home after the pandemic restrictions end - so some good should come from this difficult time.

The **Christchurch Fellowship of Churches leaders, representatives and local Christian Charities** now meet every 2 weeks to share and support one another and make sure they are helping the community together. **PACE (Programme for Applied Christian Education)** has been producing lots of resources for schools, videos, assemblies and RE lessons, with lots of people making use of them every week.



Other Covid-19 News

As news grows of the harrowing challenges that **care and nursing homes** are facing, church leaders are looking at additional ways that Christians can support their teams and residents. A ‘how churches can help’ guide is being produced by Faithworks Wessex, who have asked for help to understand which churches are actively supporting which care/nursing homes. Please email hello@faithworkswessex.org.uk to help build up a **map** or if you would like to reach out to your local home.

Opportunities

Bournemouth, Christchurch and Poole : Businesses, community and volunteer groups and local people can get involved in the '**Together We Can**' community response to support vulnerable people during the Coronavirus (COVID-19) outbreak. Volunteers can register via the **Community Action Network** website [here](#) or tel : [01202 466130](tel:01202466130) email hello@can100.org

Local churches are encouraged to volunteer with one of the **Community Hubs**, local government community groups set up by the Council in response to the Covid-19 crisis (each of which have a faith representative on board) as a way to stop movement between communities during the lockdown restrictions.

Dorset Council : Covid-19 Dorset Co-ordinated Community Response

Dorset COVID-19 Response Hub 01305 221022 email communityresponse@dorsetcouncil.gov.uk
Want to volunteer? Find out how [here](#) tel : [01305 269214](tel:01305269214) email info@volunteeringdorset.org.uk

Food bank donations

Poole Food Bank is in need of donations, especially UHT milk, coffee, tinned meats and tinned rice puddings. Cheques can be made out to Faithworks and sent to Heron Court Road Bournemouth Dorset BH9 1DE with the reference 'Poole Food Bank' or dropped off at the Food Bank premises by Longfleet URC between 9.30 am and 12 noon each day.

BCARS storehouse is also in need of donations of toiletries and tinned and refrigerated ready meals. They are open to receive these at St John's Church, Surrey Rd Bournemouth Mon-Fri 8.30-10.30 or call Mikey on [07861793673](tel:07861793673) if collection is needed.

A list of food banks and drop-off points in the BCP area can be found [here](#)

An up-to-date map of the food banks in Dorset can be found [here](#)



is helping to provide protective clothing for front line health workers. The team are working very closely with Bournemouth and Poole hospitals and local care staff to co-ordinate any help. Rotary has stepped in to help collect and deliver the cotton to the team of stitchers.

As much 100% cotton fabric as can be obtained is needed for the 700 stitchers making scrubs at the moment as they are running out of fabric to use. The fabric must be cotton and suggestions are sheets, pillow cases and duvet covers, patterned or plain. As long as they are clean, they can be utilised. *If you have fabric you are willing to donate, there will be a collection box at St Luke's Church Hall (in the porch) every Friday from 12noon - 4pm (St Luke's Road, BH3 7LR).*



In partnership with a number of different organisations to alleviate loneliness and isolation in people of all ages, **telephone 'coffee mornings'** in Bournemouth, Christchurch and Poole are being organised. Initially a response to the Covidtesting-19 lockdown, it is hoped that the model will evolve so charities can continue the telephone groups longer term. BCP Church Leaders want to encourage Christians across the conurbation to offer their services.



There are over 20 volunteers now for a **BCP-wide Prayer Line**. Training will start next week, so there's still time to volunteer for this unique ministry. Email office@faithworkswessex.org.uk for more information or for a registration form.

Other News



Friday 8 May is VE Day, marking 75 years since the end of war in Europe, a celebration of peace and hope for the future after years of destruction. The Coronavirus emergency and consequent Government guidance means that the majority of the VE Day 75 community

celebrations due to take place on the bank holiday weekend of 8th – 10th May have had to be cancelled or postponed.

However, Salisbury Cathedral will broadcast a special service of Choral Evensong at 5.30pm on their YouTube channel. C of E Worship Resources for VE Day can be found [here](#) People are still encouraged to get involved from the safety of their homes, including a moment of reflection and Remembrance at 11am. See the [official VE75.org website](http://officialVE75.org) for details. Other ideas can be found [here](#) and [here](#)

Subject to the restrictions then in force allowing it, **Churches Together in Poole** is encouraging a **youth event** around the October half term, an evening of songs and prayer and a Christian message to which young Christians would be encouraged to bring their non Christian friends.

If any churches in the Poole area would like to support this event, please contact John Ainsworth at churchestogetherinpoole@gmail.com



Christian Aid Week 10th-16th May Christian Aid are unable to have their normal Christian Aid Week activities, such as house-to-house collections, standing on the street with collecting tins or gathering for special services in local churches or gathering for meals. However, Christian Aid still aims to make it the same vibrant week that it has been since 1957. There will be virtual



Hailed as the food bank of the future, The Giving Stream is a self-sustaining, farming food bank with a unique structure, a food chain rooted in good quality food and love.

Every time a meal is sold to the public, money is donated to food poverty. A network of framers produce food for the Church instead of major retailers. The Giving Steam installs, at their cost, industrial size freezers, enabling them to roll out food and hampers as a way to feed a family in crisis.

Your church can become a retailer and distributor, either through an existing feeding programme or new. Members of the congregation can purchase a hamper, and a free hamper is given to those who need it. Referrals might be made, for example, by schools, and people are invited to the church to collect it.

This initiative is just at the point of launching and more details will be out to churches soon. [Call 01525 306176](tel:01525306176) if you would like your churches to become partners.

Read more [here](#)

[daily live-streamed worship](#) and opportunities for people to take part in [daily quizzes](#) to raise funds, as well as links to various [new resources](#) if people would prefer to create their own virtual service, quiz or event.

Christian Aid have experience of working in many of the poorer and less resilient countries, including limiting the spread of infection during the Ebola crisis. They aim to build on this experience to stand together with communities living in poverty during the Covid-19 crisis. Those in poorer countries will be hit even harder, as many are already living with reduced health resilience because of extreme poverty, in overcrowded humanitarian camps and in countries which do not have the healthcare infrastructures needed to combat widespread disease. They are asking people pray for them in this vital work, as well as in their work relating to emergencies caused by storms, floods and drought, and to support them by making an online donation via the [website](#) or call [020 7523 2269](tel:02075232269).



JPIT is asking people to pray daily for those trapped in modern day slavery as part of **#standandpray**. They're unlikely to seek the healthcare they need due to the threat of detention or deportation. We pray for their protection and that they are able to access safe accommodation and healthcare during this crisis.



Find out more about this issue: <https://www.antislavery.org/coronavirus-we-need-to-stand-together/>

Churches Together in England



A series of 5 video messages from CTE Presidents has been launched today, encouraging us to keep on praying prayers of hope during this challenging period. The direct link is: www.cte.org.uk/KeepPraying. Each video includes optional subtitles, and a transcript of each message can be found at the bottom of the page. One video will be released per day on social media (from Wed 6 to Sun 10 May), using the hashtags **#PrayersOfHope**, **#ChurchesTogether** and **#Unity**

Keep the prayer going! Join hundreds of Christians praying **#PrayersOfHope** each Sunday at 7.00 pm. cte.org.uk/PrayersOfHope **#ChurchesTogether** **#Unity**

A full range of guidance, resources and stories can be found in CTE's [Coronavirus web hub](#).

CTE has a new Facebook page : <https://www.facebook.com/pg/ChurchesEngland/>

Churches Together in Britain and Ireland



The Mission Theology Advisory Group (MTAG) from Churches Together in Britain and Ireland (CTBI) has added to its **Blessing Every Day** resources, creating something fairly simple that can be offered to parishioners and neighbours during the Coronavirus pandemic and which can be adapted or customised to different situations <https://ctbi.org.uk/a-prayer-and-blessing-during-the-coronavirus-epidemic/>

Inderjit Bhogal, who is working with CTBI on the Church of Sanctuary project, has written a short [reflection](#) in his series *Communion in Times of Coronavirus*, on what it is to live your life in a manner worthy of the Gospel.

Resources



Due to Covid-19, **Thy Kingdom Come** - the global wave of prayer calling all Christians to pray between Ascension and Pentecost for more people to come to know Jesus Christ - is going to look slightly different this year. Read [here](#) about 5 different, creative ways your church can still be involved and [here](#) about Prayer and Care, one of its key themes this year.



Why not create a **prayer space** in your own home? There are some brilliant prayer activities that have been created for families to use at home by @PrayerInSchools. Find out more [here](#)



Over 1,000 churches have now signed up to the ecumenical project **YourNeighbour.org**, which has been set up in response to the coronavirus crisis and is supported by Churches Together in England. A collaboration between the churches and government, it aims to support vulnerable and isolated people who are not able to access help in other ways. Anyone who contacts them by email or their helpline [0300 323 9952](tel:03003239952) will be connected with a local church, who can help with a phone call, shopping, picking up prescriptions, advice or pastoral support.

More than 40 denominations have joined the efforts Many of CTE's Member Churches are already involved including the Baptist Union, Assemblies of God, Methodist Church, Salvation Army, and dioceses from both the Church of England and the Roman Catholic Church. Churches who join the network have access to experts and also relevant best practice tips, such as how to get and stay connected with their community. If your church wants to get involved then visit the [webpage](#) for details.



Movement Day Webinars During April, Gather and Movement Day UK hosted a series of five Zoom Meetings that aimed to help churches develop and implement urgent strategies to support their cities through the Covid-19 crisis. Watch these conversations in full and read our resources linked to the themes: *Food poverty and Debt Provision ; Civic Engagement ; Praying for our Cities Together ; Mental Health and Bereavement Support ; Sharing Hope ; Finding Faith*. A number of webinar are being made available for churches to learn from what other churches are doing in the nation at this time. This includes *food distribution, prayer, linking with councils, chaplaincy and faith sharing*. Read more [here](#)



You can join a **24/7 prayer chain** which is running through April, May and June, for the Covid-19 crisis, with 24 and 1 hour time slots to fill - as individuals or as churches.

www.unitedinprayer.co.uk



Lectio 365: The new 24/7 Prayer and devotional resource can be found [here](#)



Take time : Spirituality inspired by the stories of Jesus - Audible Ignatian Meditations on the words of Jesus can be found [here](#)



Live From Rest : Meditation in the way of Jesus. Read more [here](#)



Pray As You Go is an Ignatian [daily prayer session](#) designed to go with you wherever you go and help you pray whenever you find the time



A website with a selection of really useful resources, created by Manoj Raithatha, a minister at Pinner Baptist. **Hope 15:13** is taken from Romans 15:13 : "*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*" Read more [here](#)



The **World Health Organisation** has published "[Practical Considerations and Recommendations for Religious Leaders and Faith-based Communities in the Context of COVID-19](#)" – a risk assessment tool for religious leaders, faith-based organisations, and faith communities in COVID-19 education, preparedness, and response. Developed with input from the World Council of Churches and other faith leaders, it represents a recognition of the link between and an invitation for more meaningful and sustained engagement between faith leaders and public health actors.

Dr Manoj Kurian, coordinator of the *WCC Ecumenical Advocacy Alliance*, noted that the COVID-19 pandemic reminds us of the interconnectedness of all humanity, and our mutual accountability to each other : "The pandemic is an opportunity for all people of faith and goodwill, to overcome divisions and stand with scientists and speak with one voice, and act in an informed and inspired manner, to protect and preserve life...these recommendations from WHO are a vital resource to equip faith communities during these challenging times."



Premier Radio is hosting a weekly [Prayers of Hope Service](#) on Sundays, tying in with [CTE's Prayers of Hope](#) call to prayer



The Baptist Union of Great Britain are hosting a [time of prayer online](#) every Wednesday and Sunday evening at 7.00 pm. **The South West Baptist Association** are producing a series of [video prayer diaries](#)



The Catholic Bishops' Conference are hosting series of special **Thursday evening Masses for the sick, their families, NHS staff, and those working in Social Care**. These will take place at 7.00 pm, ahead of the national Clap for Carers at 8.00 pm each Thursday. Find them [here](#)



A [free phone service](#) to hear prayers and news from the **Methodist Church** has been launched along with prayers for the pandemic. Listen to a prayer: [0808 281 2514](#)
Listen to news: [0808 281 2478](#) (Content is updated weekly on Thursday afternoon)



The Church of England has launched a free dial-in worship phone, **Daily Hope**, which includes music, prayers, reflections and full worship services at the end of a telephone line. It is available 24 hours a day on [0800 804 8044](#) and has been set up to reach people unable to join online church services. *Churches are being asked to publicise it to people they know who aren't on the internet.*



This is a tumultuous time few of us would have predicted six months ago. The world economy is in turmoil not because of international armed conflict, a trade war, an oil-price rise or a financial crash, but a microscopic organism, the coronavirus. As a result, it is also a period of great anxiety for many, serious hardship for some and deep mourning for any who have lost family members or friends. Yet, in the midst of the current darkness, there are some chinks of light. Read Andy Atkins, A Rocha UK CEO's comments on the unique opportunity approaching. <https://arocha.org.uk/how-can-we-turn-the-tables-on-the-evil-of-covid-19/>



The last six weeks have been very busy at the **Arthur Rank Centre** as they have adjusted to new ways of working. Their commitment to supporting rural Christians, churches and communities remains a priority during these challenging times, and a new resource hub called ['Together Apart : a rural church response to coronavirus'](#) has been created, providing information and advice. Find out more about ARC [here](#).

Daily Hope A new 'worship line' with daily hymns and prayers for those who don't have internet access tel : [0800 804 8044](#)



A website which encourages people to try praying for 7 seven days. Read more [here](#), including testimonies of answered prayer.

If you don't have family, friends or a support network that can help you to get the things you need, you can call [01305 221000](#), 8am to 8pm, 7 days a week to get specific help and advice. Alternatively email communityresponse@dorsetcouncil.gov.uk.

Help and Care - Covid-19 Support Aims to support residents of Dorset and those identified by GP services and community services as being vulnerable but not necessarily in crisis at present. They are able to provide

Restore Support Network is a national registered charity providing personalised one-to-one support for older people in prison prior to release and for older people with criminal convictions over 50 years of age with physical, mental health or social care needs who are seeking to live independently in their local communities without re-offending. Stuart Ware, Chief Executive, writes : "I have been caught up with a worsening situation regarding supporting older people in the criminal justice system as the result of Covid-19. We are having to try new ways to reach those in prison waiting to return to our local communities during the lockdown and beyond." If you are interested in becoming a volunteer support worker or learning more about its services, email stuart.ware@restoresupportnetwork.org.uk or see the [website](#)



Wellness Checks, Problem solving, Reassurance calls, Information giving and Signposting. For more information please call 0303 303 0153 or email contact@helpandcare.org.uk or click [here](#) and [here](#)



Dorset Community Action is committed to helping your charity, community group or social enterprise through the current COVID-19 situation. Helpline, open between 11am and 4pm

Monday to Friday : [01202 847609](tel:01202847609)

Visit website for regular updates www.dorsetcommunityaction.org.uk

The e-bulletin 01/05/20 can be viewed [here](#) and has information on the State of the Sector in Dorset survey, latest funding, how to build your employability skills, Dorset Community response and lots more.

Dorset Community Action are also compiling a report on the 'state of the Voluntary Sector in Dorset' to both inform their work and use to lobby decision makers on your behalf. Read more [here](#)

New Dorset Digital Hotline to provide people with IT and digital problems, digital applications for home schooling, online help for home shopping, support for NHS and e-Consult services, setting up Skype and video calling, help with digital appliances and how to access exercise : [01305 221000](tel:01305221000) (option 2) Mon-Friday 10am - 12noon (excluding Bank Holidays)

Citizens Advice Bureau tel: [03444 111 444](tel:03444111444) Search for your local Citizens Advice [here](#)

Bridport Community Support helpline : [01308 808900](tel:01308808900)

Bridport Christian Fellowship A simple takeaway lunch available every Monday, collection between 1pm and 1.15pm. Supplies are also available on request including tinned vegetables, packaged groceries, toiletries, soap and water. No need to call or contact in advance



Faithworks are considering organising a *BCP-wide thanksgiving service* when the lockdown eases with clips from many different churches on it as a way of showing our unity together in this crisis. More details to follow.

Hopeful Hampers are able to provide dried and tinned food parcels at no cost. If you are in need of help please [email](#) with details of family consumption, ages of children, address and contact details.



Dorchester Community Kitchen Providing food boxes for those in need and operate on a pay what you can policy. For more information and to sign up, see the [website](#).

NHS - Health Start voucher scheme for families with a child under 4, women who are pregnant, or families who are on certain benefits. The vouchers can be used on milk products, fresh or frozen fruit and veg and infant formula. For more information and how to apply please click [here](#).

If you see someone **sleeping rough** please phone: [01202 315962](tel:01202315962) or out of hours [01202 451467](tel:01202451467)

Dorset Council's Educational Psychology Service has set-up a new helpline to support those who are worried about their child or teenager during the lockdown. Tel : [01305 228300](tel:01305228300) Monday to Friday from 9am to 4.45pm.

NHS Dorset Health Care Providing online or phone support to people acting as a carer, including how to access support if you are caring for someone with a mental health condition. Tel: [0300 123 5440](tel:03001235440) or see the [website](#)



Essential Aid Project : if anyone in the Weymouth and Portland area needs an essential food bag or prescriptions delivered, you would like someone to chat to or you are worried about a neighbour, then please call 07514 114680 Monday- Friday 10am-3pm or 07980 730029 after 3pm and weekends or email juliehursthouse@weymouthtowncouncil.gov.uk

Age UK [01305 269444](tel:01305269444) email enquiries@ageuknswd.org.uk

BCP Council helpline for vulnerable people in need of vital support: [0300 123 7052](tel:03001237052) (7 days a week, 8am – 8pm)

Mental Health Support Line: [0300 123 5440](tel:03001235440)

Domestic Abuse helpline: [01202 710777](tel:01202710777)



Prima Friendship line: [01202 022987](tel:01202022987) (7 days, 8am – 9pm)

Dorset Trust and Colliton Street Psychotherapy Services. Key workers in Dorset and Somerset are able to have 6 short-term counselling sessions free of charge. The sessions will be via telephone, Skype or Zoom. For more information please click here or phone [07714 330120](tel:07714330120) Also, a listening service for people who would like a one-off talk. The service aims to help people share some of the impact of Covidtesting-19 and regain some sense of control. For more information please click on the link above.

A [Podcast](#) for carers to help with self-care during the pandemic has been developed in partnership with Dorset Healthcare carers lead, Dorset Mental Health Forum, Rethink and the Recovery Education centre.

Post Office - Cash Withdrawal Scheme for people who are self-isolating or unable to leave their home, are maybe able to ask a friend, volunteer or family member to withdraw cash at any Post Office using a single use voucher scheme at all bank, building societies or credit unions. With confirmation from your bank you can ask for a one time barcode to be sent either by text, email or post for an agreed amount this can then be exchanged at the Post Office for cash.

Government - Business Support A [finder tool](#) has been created on the Government website to help people find out what support is available.

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Tel : [077899 52472](tel:07789952472) email katjactd@gmail.com

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